Restful
Sleep

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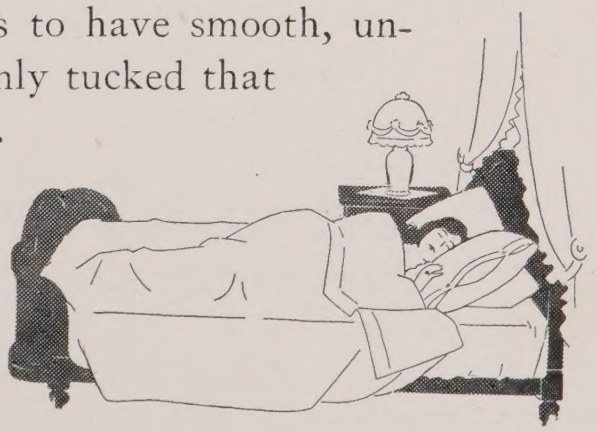
Foreword—

NEARLY a third of your life is spent in bed. The bed, in daily use, deserves the best of care so that it can do *its* best. Don't blame the springs or the mattress for a restless sleep—it may have been the way the bed was made up. Given a good bed and springs and mattress—even then the sleeper may not rest in comfort.

Have you ever waked on a freezing winter's dawn to find that in drawing the covers around your neck you have pulled them loose, and your feet are icy cold? How often does a restless youngster on stifling summer nights toss restlessly until she lies on top of a myriad of wrinkles, unable to sleep soundly and exposed to sneaking draughts? Such things need not be if the bed is made correctly.

There are many little niceties in bed making that add much to the attractiveness, comfort, and santitation of a bed. Of these one of the most important is to have smooth, unwrinkled sheets so firmly tucked that they will *stay* in place.



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Utica Steam & Mohawk Valley Cotton Mills

How to Make a Bed Correctly

IT IS SURPRISING to see the variety of ways in which a bed is made!

Despite the fact that it is such a time honored custom, many mothers overlook the necessity of teaching their daughters the best methods. Not all of them know themselves.

Everyone knows that good springs and mattresses are essential. Therefore this book deals only with the proper use and care of bed clothes.

Sheets and pillow cases, while primarily meant for sanitation, have much to do with health and

Photographs, illustrating correct way to make a bed, made under supervision of Good Housekeeping Institute

happiness. *Simply because when properly used, they make a bed more inviting and more comfortable!* Smooth sheets, drawn taut, mean an even sleeping surface, and so make possible unbroken rest.

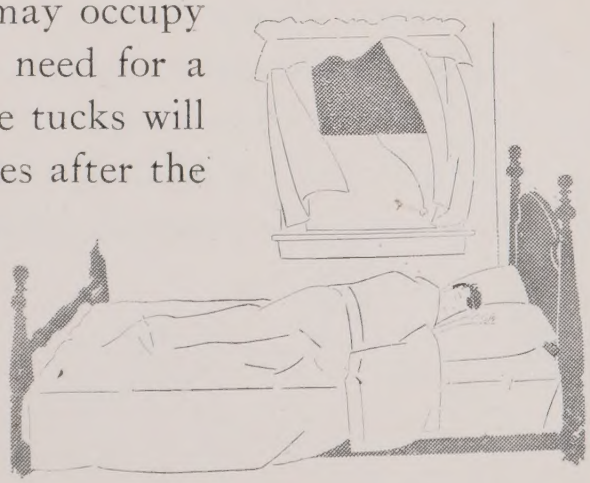
It is really just as easy to make a bed *correctly* as merely to "make" it. A few simple rules give the whole secret. Put into practice, these suggestions soon become habits, and the whole family will sleep better.

The Proper Sizes

The first important thing to be considered is the size of the sheets to be used. A great many sheets are too small for the beds on which they are to be spread.

Sheets should be large enough to cover the whole bed and allow plenty of length and width for tucking. Properly tucked, there is less chance of their pulling loose at the foot or on the sides. The longer length permits a wide turn back at the top, for protection to the blankets and comfort for the sleeper.

When buying sheets consider not only the length and width of the mattress but also the depth and the fact that two people may occupy the bed. This shows the need for a generous width so that the tucks will hold the covers on the sides after the bed is occupied.



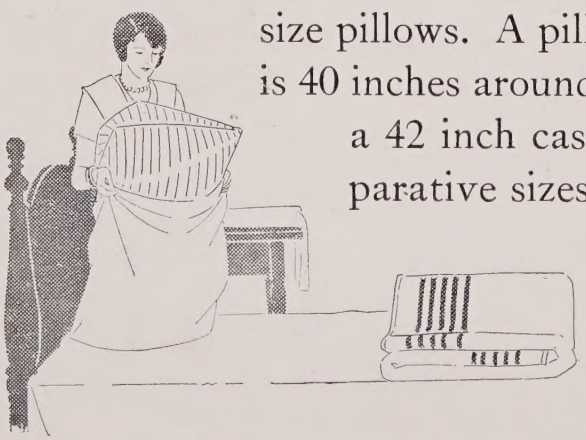
All beds, except cribs, should have sheets designated as the 99 inch length. This is the length before they are hemmed. Many good housekeepers, however, prefer the 108 inch length because that is even better for tucking. The width naturally varies with the type of bed.

Sheets Recommended for Different Bed Sizes

BEDS	SHEETS
Cribs	45 x 75 *or* 50 x 75
Cot Beds	54 x 99
Single Beds, or narrow Twin Beds	63 x 99
Three-quarter Beds, or wide Twin Beds	72 x 99
Double Beds	81 x 99
Double Beds, with box springs	90 x 99

Pillow Cases

A tight pillow case makes the pillow hard. A loose case means almost total lack of shape and in addition the wrinkles and folds which result from too much cloth give the appearance of an ill-kept bed. Pillow cases are made in sizes to fit standard size pillows. A pillow given as 20 inches wide is 40 inches around and should therefore have a 42 inch case. Here is the list of comparative sizes:



Cases Recommended for Different Sized Pillows

PILLOWS		CASES
WIDTH	LENGTH	
20	x 28	take 42 x 38½
22	x 28	take 45 x 38½
24	x 28	take 50 x 38½
26	x 28	take 54 x 38½

Blankets should be full size. That is, sufficiently large to cover the sleeping surface and allow for tucking at the foot.

Mattress pads should be ordered after measuring the mattress to be sure of the right size.

Spreads need not be exact but should be large enough to cover the whole bed completely and hang below the mattress and springs.

Making the Bed

The mattress should be turned—end for end, or top for bottom each week or ten days—to prevent it from becoming hard or growing "hollowed."

The mattress pad should be used with hair mattresses to provide extra protection against hair ends sticking thru mattress cover and sheet to the annoyance of the sleeper. It is advisable for use with *all* mattresses to insure smoothness from the tuftings, and to protect the mattress.

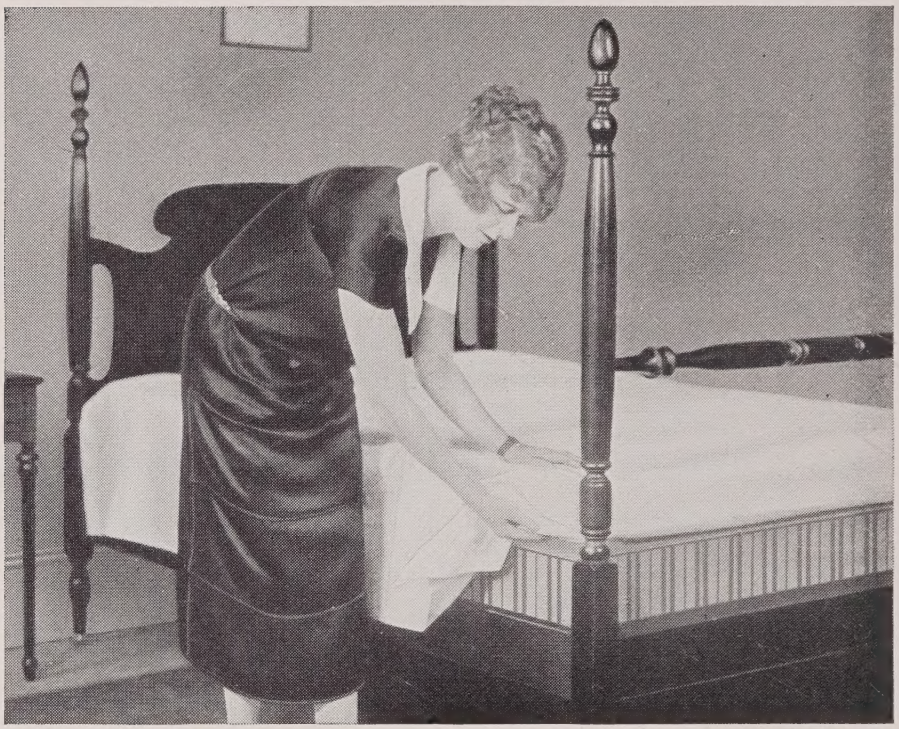


Figure 1
Tucking sheet under mattress at foot end.

Spreading the Lower Sheet

The lower sheet should be spread—wide hem at the head—so that the center fold is in the center of the bed. This leaves an equal amount of sheet for tucking on either side and insures a straight tuck at the foot.

First, tuck in at the foot of the bed. Then make the "mitered" corner at both foot corners.

To Make the "Mitered" Corner

The "mitered" corner is the method used in the best hotels and hospitals. It forms a tuck of great strength which holds the sheet tight. It makes it

Figure 2
First step in making "mitered" corner. Lifting side edge of sheet and tucking under all that hangs below mattress from the corner.

possible to draw the sheet taut and keep it so. The result is a smooth, unwrinkled sleeping surface—one of the secrets of real comfort.

Another very good feature of the "mitered" corner is that the tucking folds are all smooth and compact. This does away with the bunching and bagging that often comes with ordinary tucking.

After you have tucked the sheet thoroughly under at the foot of the bed, grasp the side of the sheet about two feet from the corner. Lift and turn it back over the edge of the mattress. (*See figure 2.*) Notice that a small strip of the corner and end of the sheet now hang along the side of the mattress.

MOHAWK VALLEY COTTON MILLS
UTICA, N.Y.
MOHAWK
TORN SIZE BEFORE HEMMING
REG U.S. PAT. OFFICE
SHEET 81×99
QUALITY GUARANTEED

Figure 3
Second step in making "mitered" corner. Bringing side edge of sheet down, then tucking under.

Tuck this under with the free hand. Then let the side of the sheet fall into place and tuck under. (*See figure 3.*) This leaves a diagonal fold on the side of the mattress from which comes the name, "mitered" corner. (*See figure 4.*)

When both foot corners of the lower sheet are mitered, draw the sheet taut and miter the head corners. This will keep the whole sheet smooth and unwrinkled.

Laying the Upper Sheet

The upper sheet should be spread in the same manner as the lower, so that its center fold comes in the center of the bed, with the wide hem at the

THE UTICA STEAM COTTON MILL'S, UTICA, N.Y.
TORN SIZE BEFORE HEMMING
81×99
UTICA
REG. U.S. PAT. OFFICE
SHEET
QUALITY GUARANTEED

Figure 4
The finished "mitered" corner of lower sheet.

head. The turned side of the hem should face down so that when the sheet is turned back on the blankets the hem will give a more attractive finished appearance. (*See figure 5.*) The upper sheet should be tucked deeper at the foot so that it is held in place more firmly. As it is not tucked at the head, there is still plenty of length for folding down over the blankets.

The two corners of the upper sheet at the foot of the bed should be mitered. This holds the sheet in place—and naturally the blankets also—and the sleeper will not throw off the covers.

MOHAWK VALLEY COTTON MILLS
UTICA, N.Y.
MOHAWK
TORN SIZE BEFORE HEMMING
REG U.S. PAT. OFFICE
SHEET
81×99
QUALITY GUARANTEED

Figure 5
Blankets and pillows in place. Upper sheet folded back over blanket and tucked under mattress.

The Blankets

The foot corners of blankets should be mitered in the same manner as the sheets to improve the appearance and to prevent them from falling from the bed.

In case you have short blankets it is well to place the first one so that it reaches just to the end of the bed with no overlap for tucking. The second blanket when mitered will hold it in place. In this way, even the short blanket will come well around the neck and shoulders of the sleeper.

After the blankets have been smoothed out and tucked then turn them down from the head of the

bed, and fold the upper sheet down over them. This should be a generous fold—one fourth of the length being none too much, in order to give complete sanitary protection to the blankets.

Short blankets may be lengthened by stitching a piece of sheeting of proper size on the end of the blanket. This sheeting is all tucked under to hold the blanket in place and leaves the full length of the expensive woolen covering for warmth.

The Pillows

Pillows should be fluffed by shaking or patting until they are full and billowing. Pillow cases should not be so loose that the pillows slip inside, nor so tight that the pillow is hard. A happy medium, with a case to *fit* the pillow should be maintained.

The Spread

The spread should be smoothed out and allowed to hang freely. It is generally removed at night before the bed is occupied.

A puff or a comfortable is often placed at the foot of the bed. If a comfortable, it should be tightly rolled to present a smooth, neat appearance.

How to Store Bedding

SHEETS and pillow cases are very easy to take care of because they are flat, compact items. Any closet with shelves will do for a storing place, as long as there are doors or close fitting curtains to keep out dust and dirt.

Sheets for double beds in one pile or on one shelf—sheets for single beds in another. Pillow cases in another.

No especial wrapping is suggested, except in case a house is to be closed and the bedding put away for several months. Then it is well to wrap in blue cloth or paper.

Some good housekeepers like a faint fragrance on their sheets and pillow cases. This can be done simply by the use of sachet bags.

THE UTICA STEAM COTTON MILLS, UTICA, N.Y.
TORN SIZE BEFORE HEMMING
81 x 99
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How to Launder Properly

Soaking

THE actual washing of sheets and pillow cases is more easily and more quickly done if they have soaked for some time. A half an hour with soap in luke warm water is sufficient. Be sure, however, there are no stains. If there are, soak in clear, cool water because soap may set stains.

Washing

Sheets when washed by hand should be washed on both sides to be sure of complete cleansing. This accomplishes what the washing machine does—insuring a passage of soapy water thru all parts of the fabric.

Pillow cases should be turned wrong side out and left so until folded for sprinkling.

Do not spare soap. Soap makes the washing easier both for the fabric and for the worker. Be careful in the selection of soaps and washing powders because some are injurious to cotton fabrics of all kinds.

When a washing machine is used, if you have more than four sheets with the pillow cases and towels that go with them, it is advisable to make two or three runs instead of trying to do all at once. The results are well worth the extra minutes. And

the work is easier on both the articles being washed and the machine.

Rinsing

Rinsing with water as hot as you can obtain it should follow washing to remove the dirty washing water. The hotter the water, the whiter and fresher the fabrics will be when the laundering is finished. If sheets and pillow cases made from high grade fabric look somewhat gray after the laundering, it is due to the fact that they were not properly rinsed.

Bluing

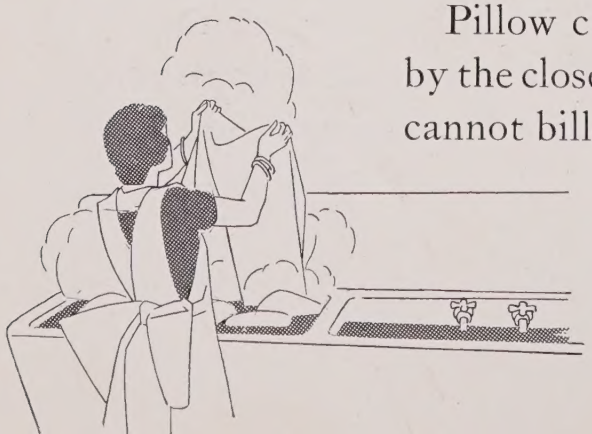
Bluing further brings out the whiteness. It is best done in clear, cold water.

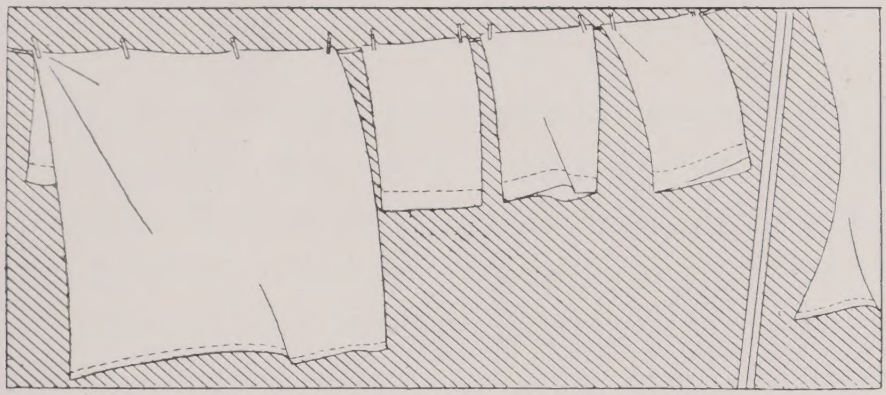
The bluing water should not be too deep in color. You can test this with a piece of fabric. Be careful that the articles are loosened and spread as they go into the bluing water to guard against streaks.

Drying

Sheets should be well spread on the line and hung very straight in sunlight whenever possible. If necessary, because of lack of space, they may be doubled over the line but will dry more slowly.

Pillow cases should always be hung by the closed end. In this way the wind cannot billow into the case and tear it.





Sprinkling and Folding

When dry, sheets should be sprinkled lightly and folded for ironing. The generally accepted manner is in fourths, lengthwise, first bringing the selvages together. Then in fourths crosswise.

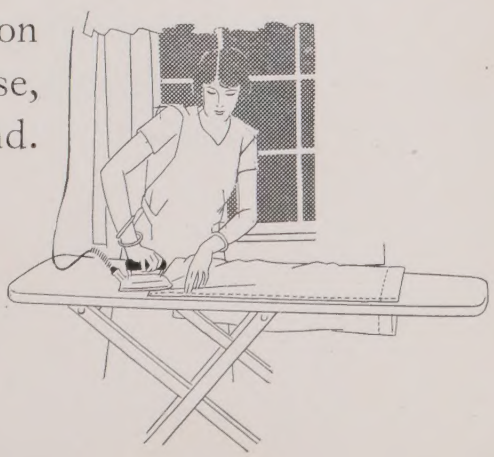
Pillow cases should be turned right side out before they are sprinkled.

Ironing

With both sheets and pillow cases, the greatest care should be taken in ironing the hems and any embroidery. The embroidery should be ironed on the wrong side.

The sheet is folded and ironed in fourths. The pillow case is ironed in thirds with only two creases.

Begin to iron pillow cases at a closed corner. This will result in greater smoothness. Iron from the side seam across the case, gradually working to the open end.



True Quality in Sheets

EVERY WOMAN wants true quality in her sheets and pillow cases. They must look well, be comfortable, and wear for a long time. True quality in the fabric from which sheeting is made means a material that will wear for years; a firm texture with a smooth, even surface; a finely woven body that is strong, fresh in appearance and will regain its freshness time and time again thru laundering.

They must be made from good strong cotton—with a long fibre. The strength of the fabric—its wearing ability—is determined by the grade of cotton, the strength of the threads, and the closeness with which those threads are woven.

Really good sheeting is closely woven to the point where there are as many threads as possible to the square inch of fabric but still allowing free passage of soapy water between threads in washing. Soap and hot water bring back the whiteness of a good sheet or pillow case. A fabric too closely woven will not regain this freshness. The loosely woven fabric, on the other hand, looks rough and cheap. It does not wear well nor feel as comfortable.

Reliable sheets and pillow cases should never be cut from the fabric. They should be torn. Then when ironed, they will be *smooth and even along the edges.*

Some cheap sheetings are false filled; that is, they are treated with a substance that fills the spaces between threads to make the fabrics seem heavier and better than they really are. This quickly washes away in laundering, leaving a thin, sleazy, disappointing fabric. The fabric of truly high quality needs no false filler.

A Caution to the Housewife in Buying Sheets

When buying sheets and pillow cases bear in mind the first purpose of sheets: long time sanitation. You buy blankets for warmth and design. You choose spreads to cover your beds and add decoration. But sheets are used to protect the mattress and blankets and to add to the sleeper's comfort.

Sheets should not only look white and feel soft but they must have the ability to stand repeated laundering, year after year, and remain fresh and snow white. Look for the sheets that are durable and will wear a long time. It is not easy to determine the quality of sheeting by looking at it or even feeling it. But there is one way in which you can always be sure of good sheets and pillow cases. Look for the brand of a reputable manufacturer who must maintain good products to hold his good reputation.

UTICA Sheets and Pillow Cases

REG. U.S. PAT. OFF

Why They Wear So Long, and Keep Their Freshness, Whiteness, and Soft Feel

UTICA Sheets, Pillow Cases, and Sheeting have all the characteristics that are necessary to high quality fabric. The manufacturers have been in the business of making Utica quality sheeting for over three-quarters of a century. The wide experience of that period of service has proved the value of supplying the best.

Every operation from receiving the baled cotton, thru the cleaning, spinning, weaving, bleaching, finishing, and packing is under the careful supervision of men who have been trained for years in the successful methods of the company.

Only the strongest long staple cotton is used. These long fibres are spun with just the right degree of twist into strong, durable threads, which are carefully woven into a smooth, soft fabric that is

ideal. This fabric is woven so closely that it has the utmost strength. And, at the same time, it permits water to pass thru freely for perfect laundering.

UTICA SHEETS AND PILLOW CASES are torn from the fabric, not cut. They iron smooth and even at the edges, maintaining their proper shapes.

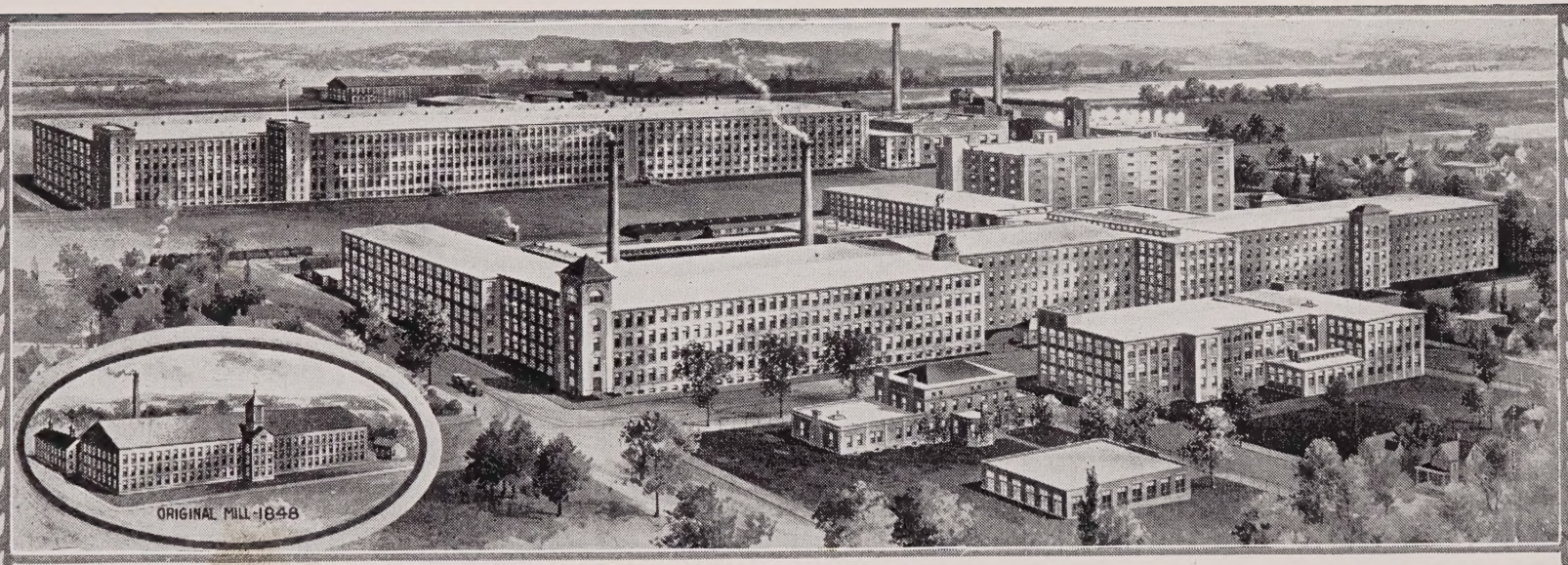
There is no false filler in Utica Sheets or Pillow Cases. Thru washing and ironing, year after year, they reappear fresh and smooth with firm, substantial weight. They are true quality and will withstand the wear of repeated launderings.

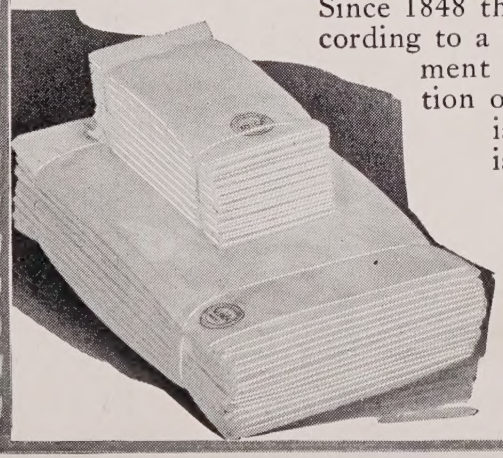
Utica Sheets and Pillow Cases are not the most expensive. They are popular priced and within the reach of all. They may be used with pride in the finest homes.

MOHAWK Sheets, Pillow Cases, and Sheeting, though not quite so heavy, are made from the same high quality cotton as Utica Sheets and with equal care.

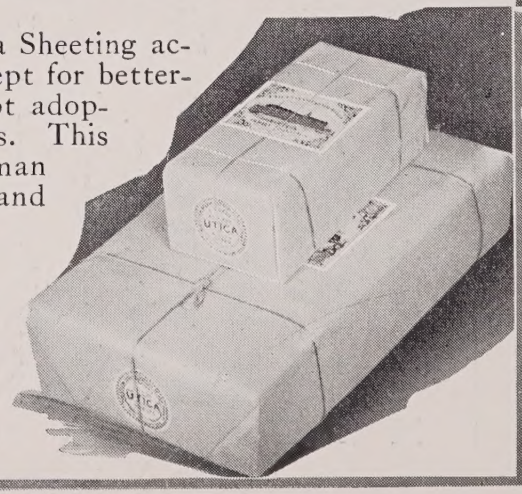
Both the "Utica" and "Mohawk" Sheets and Pillow Cases are manufactured by the

UTICA STEAM & MOHAWK VALLEY COTTON MILLS
UTICA, N. Y.





Since 1848 these mills have been manufacturing Utica Sheeting according to a high standard that has never varied except for betterment in quality, made possible by the prompt adoption of new machinery and improved methods. This is one of the important reasons why a woman is *always* safe in buying Utica Sheets and Pillow Cases. *Any* time you purchase sheets and pillow cases, be sure to ask for the Utica Brand, identified by the Utica Label attached to each sheet and pillow case; this label is your *positive* assurance of receiving high quality rigidly maintained.



LOOK FOR THIS LABEL

It is a mark of high quality and
the guarantee of satisfaction